CHOKING

COMPLETE / SEVERE
AIRWAY OBSTRUCTION

Ensure Safety for Self and Others

Dial Triple Zero (000) for an Ambulance

If the object cannot be dislodged by coughing - Call 000
Then do the back blow / chest thrust sequence.

SIGNS & SYMPTOMS

- Trying to breathe
- Gasping, coughing
- Cannot speak or breathe
- No escape of air can be felt
- Hands held to throat
- Extreme anxiety, agitation

HAZARD = Panic. Complete obstruction.

RISK = Unconsciousness. Respiratory arrest. Cardiac arrest. Death.

BACK BLOW / CHEST THRUST SEQUENCE

POSITION THE CASUALTY
Reassure

USE THE HEEL OF YOUR HAND

Give up to
5 SHARP BACK BLOWS
In the middle of the back
Check for removal between blows

REPEAT
Until the obstruction is dislodged.

Still choking, give up to
5 SHARP CHEST THRUSTS
In the middle of the chest
Check for removal between thrusts

IF UNCONSCIOUS

Airway obstruction may not be apparent until assessing the airway and breathing.
Finger sweep if solid material is visible.
Commence CPR for cardiac arrest.

Child and adult: Back blows - lean forward. Chest thrusts - upright, use your other hand to hold them or position against a stationary/stable object so you don't knock them over (e.g. wall, in a chair etc.)

Infant: Back blows - head downwards so gravity will assist with expulsion. Across your lap/thigh or over your arm. Chest thrusts – turn over.

This is one method for infant- if having to act quickly where no seat is available to allow for positioning over the first aiders thigh.